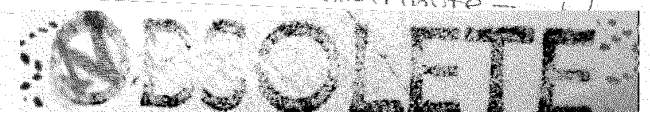


Herbasm → created by
Snowy, Jack, Jake, Judith, Cill,
Zara, Tammy, Cherlyl,
Kim, Mike, Cata,
Flor
+ Kinky the cat

August 2007

-copy & distribute-



VOLUME 1

Herbasm

RADICAL HEALTH & HERBALISM ZINE

GLOSSARY OF ACTIONS

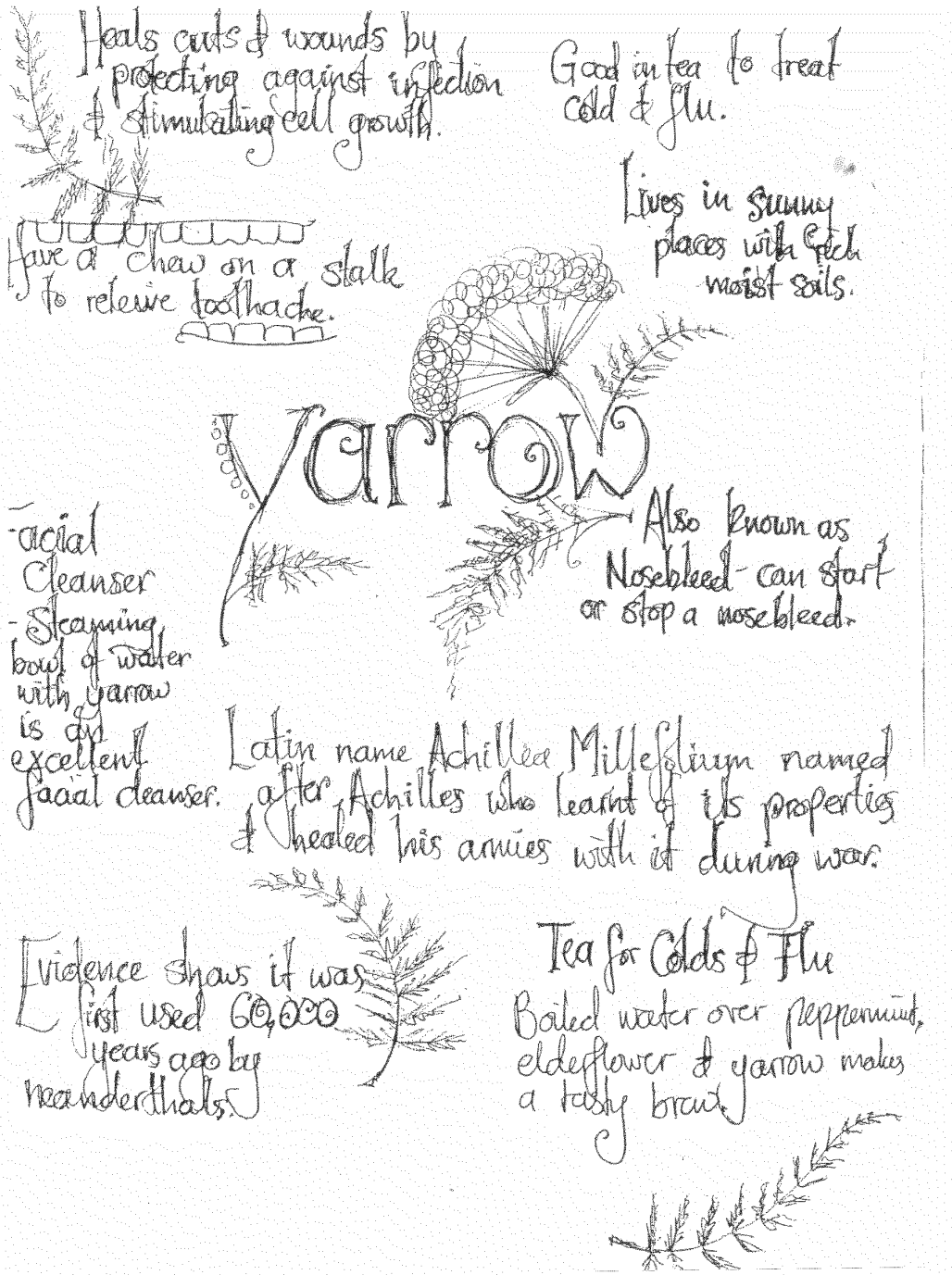
- Adaptogen - improves adaptability
- Alternative - blood cleaner
- Anthelmic (vermifuge/anti-parasitic) - expels and kills worms
- Aperient - gentle laxative. Aids normal process
- Bitter - holistic healing & digestion
- Carminative - aids digestion & gas
- Cholagogue - stimulates bile to liver
- Demulcent - soothes internal tissues
- Depurative - blood cleanser
- Diaphoretic - induces sweat
- Diuretic - increases elimination of urine
- Emetic - induces vomiting
- Emmenagogue - stimulates menstrual flow
- Emollient - soothes skin
- Expectorant - removes mucus from lungs
- Febrifuge - reduces fevers
- Galactagogue - increases milk flow
- Hepatic - tones & strengthens liver
- Hypnotic - induces sleep
- Laxative - promotes bowel movement
- Nervine - benefits nervous system
- Pectoral - holistic and lungs
- Rubefacient - brings blood to skin surface
- Sedative - calms nervous system

CONTINUED→
(see back page)

GLOSSARY continued...

- Spasmolytic (antispasmic) - calms muscular system.
- Stimulant - enlivens physiological activity.
- Styptic - external astringent.
- Thymoleptic - mood raiser
- Tonic - Strengthen organ or body.
- Vulnerary - heals wounds & inflammation.
- Astringent - tightens tissues.





Herbastic contents

(It's totally herbacious!)

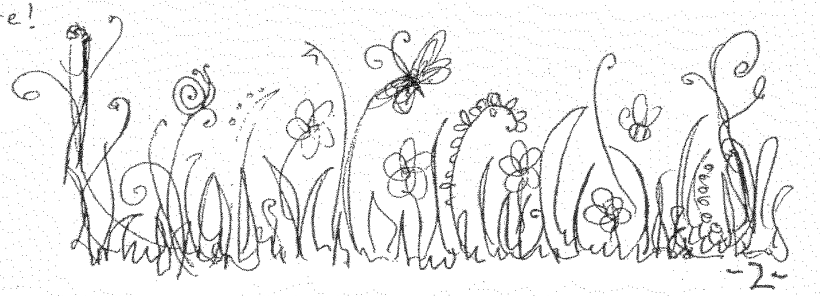
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Welcome to your first... Herbasm!

After an inspirational week in escanda exploring medicinal herbs, we write this zine. We hope it will serve as a beacon for anyone who wishes to reclaim health from professionals, pill-pushers, pharmaceuticals, and profit!

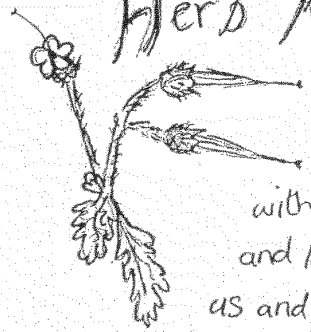
We can hardly offer a comprehensive or complete guide to medicinal herbs here. But inside these pages we placed a background, a beginning - all we need to start having fun, looking around us at our environment and into our own bodies in a new way.

So here we go, with wildcrafting, witch trials, cultivation, oils, tinctures, favorite plants, politics, salves, infusions, decoctions - and more!



Herb Robert

(Geranium Robertianum)



A very common wild plant with pretty red stems, red and green leaves and lots of little hairs. Found all over europe, us and Asia.

Good internal e external astringent, diuretic and immune enhancer. Also contains vitamins A, B, C.

Drink 1 cup a day of this in an infusion for diarrhea or gastritis.

Use the green leaves, crushed, as a compress for inflamations and painful wounds. This herb is also said to help prevent scarring.

Use only the leaves, NOT the root.

Hierba Roberto

Es una planta silvestre muy común. Tiene tallo rojo y hojas verdes y rojas. y muchos pelitos. Se crece en todas partes de Europa, USA y Asia.

Es buena astringente interno y externo, diuretico y refuerza el sistema de imunidad. Contiene vitaminas A, B, C. Toma una taza de infusion de Hierba Roberto para diarrea o gastritis. Utiliza las hojas verdes como compresa para inflamaciones y heridas dolorosas. Se dice que esta hierba previene cicatrizas

Utiliza solomente las hojas, NO la raiz.

thyme - as a tincture good for throat, bronchital problems and helps to clear mucus.

Legend
: on the midnight of midsummers night
: the king of the faeries and his folk are said to dance on a bed of thyme.
- Midsummer Night Dream

ways to help →

steam baths with eucalyptus oil, rosemary, lavender, tea tree, peppermint

- tea infusions
- tinctures
- ointments rubbed directly
- essential oils → on pillow tissue

- coltsfoot leaves + flower
- mullein
- lance-leaf
- lungwort

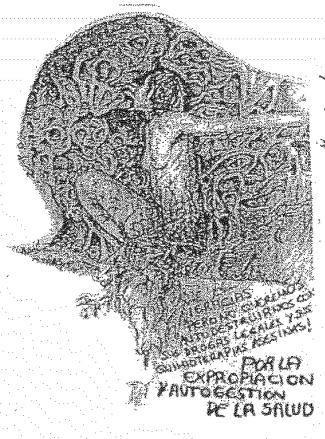
→ mix in equal parts.
Steep 2 tsp in ½ cup boiling hot water. Take ½ cups daily with honey in mouthful doses.

Cough relieving brew

elecampagne - good for a range of respitory problems + even lessening asthma attacks.

- recipe. Slice the roots into bite sized pieces. half fill a jar. Fill the entire jar with honey. Turn over each day for a few days. munch! Store in the fridge.
- When you get a phlegmy cold eat the honey, chew and spit out the pieces of root.

Why Reclaim Our Health.



por el dibujo, gracias a Manuela del cuerno y una artista impresionante.

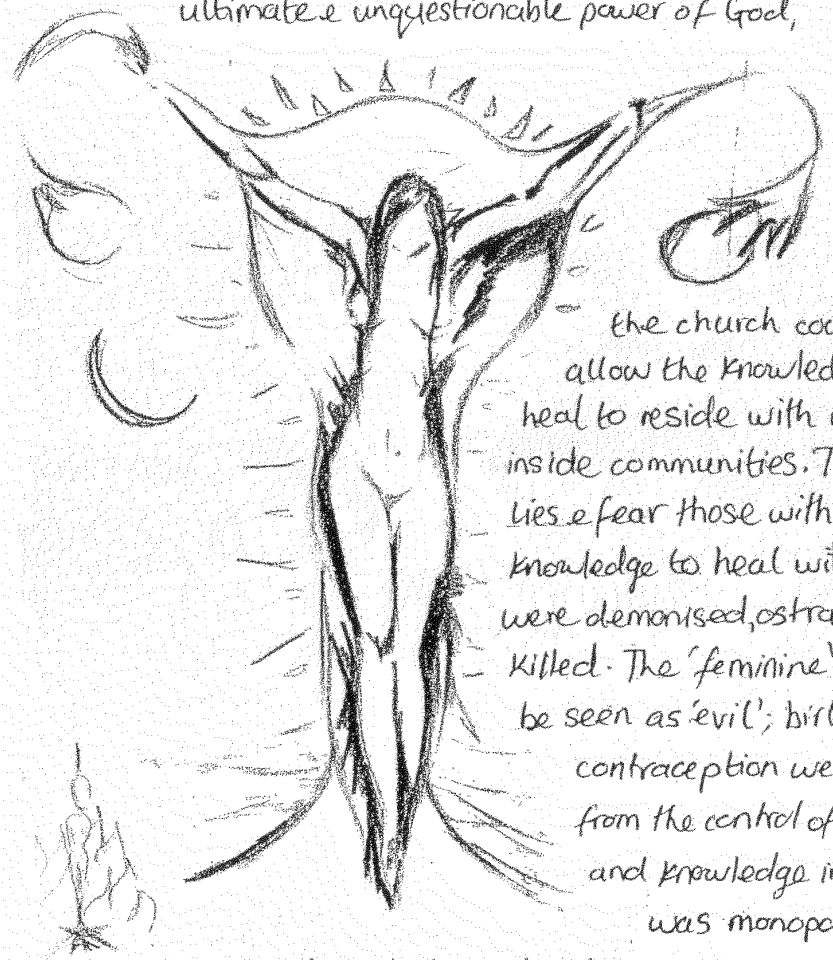
For centuries human beings learnt and past down knowledge e understanding of the body and how to take care of it using plants in their immediate environment. The church, patriarchy e colonialism have systematically destroyed that empowerment.

Across europe the murder of 6 million wise-women during the middle ages and later the destruction of indigenous lands, culture and peoples has lost much of that precious knowledge. Capitalism e the pharmaceutical industry now force us to rely on an 'elite of "experts" whose chemical "fixes" often come with quick fixes and many other damaging effects. This method ignores the health of our bodies as a whole so never really addressing life-long health. These same companies now lay claim to the plants the earth provides for free which have been used by the people for thousands of years.

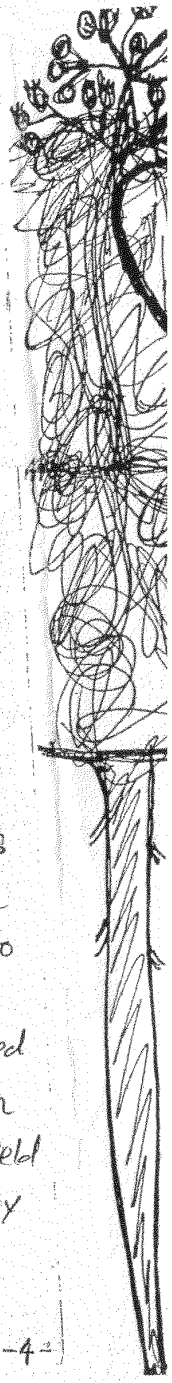
We wish to take back control of our bodies, our health and our access to healing ourselves....

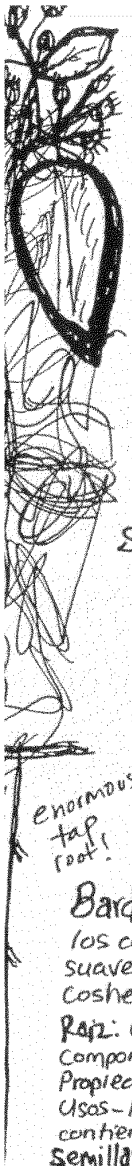
Witch Hunt

During the 1500s over 6 million wise-women were tortured, burnt at the stake and murdered by the rising capitalist state, patriarchy & the church. Wishing to secure the ultimate & unquestionable power of God,



the church could not allow the knowledge to heal to reside with women, inside communities. Through lies & fear those with the knowledge to heal with herbs were demonised, ostracised & killed. The 'feminine' came to be seen as 'evil'; birth & contraception were removed from the control of women and knowledge in this field was monopolised by the new, patriarchal medical sphere.





enormous tap root!

BURDOCK • BARDANA • Arctium Lappa

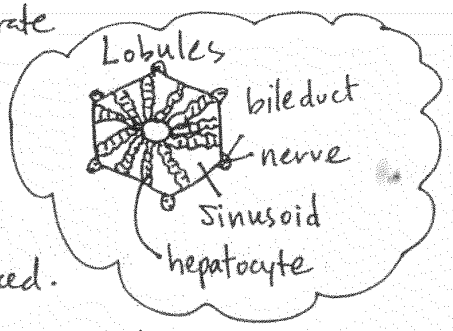
Burdock is a hearty and handsome plant that grows all over roadsides and random places. It has sticky flowers and soft leaves. Burdock is also called "Gobo" and eaten as a vegetable in China. Harvest aug to October.

Root: **Energetics:** bitter, sweet, cool
Organs: Lungs, stomach, kidney, liver
Constituents: essential oil, 45% inulin
properties: alterative, diuretic, diaphoretic, nut.
uses: burdock cleanses the blood, is a good tonic, is good for skin problems, and urinary problems. It is high in iron, and useful for arthritis and sciatica and fluid retention.

Seeds: **Energetics:** bitter, sweet, cold
Organs: Lungs, stomach, Liver, Kidneys
Constituents: arctin, arctigenin, gogosterin, essential oil, fatty oil
Properties: diaphoretic, diuretic, antipyretic, expectorant, anti-phlogistic
Uses: throat infections, pneumonia, fever, measles, smallpox, eczema, psoriasis, skin itching, colds and flus; it makes you sweat.

Bardana es una planta fuerte y hermosa que crece a lado de los caminos y lugares aleatonios. Tiene flores pegajosas y hojas suaves. Se llama tambien "Gobo" es comido como vegetal en China Coshechar Agosto – octubre: la raiz. Riñones
Raiz: chino:– Amarga, dulce, frio Organos:– Pulmones, Estomago, Higado
Componentes – aceite essencial, 45% inulin.
Propiedades – alterativo, diurético, diaforetic, nutrativo
Usos – limpia la sangre, tonico, para problemas de la piel y las urinarias contiene mucho hierro y bien para arthritis, sciatica y retencion de fluido
Semillas: Chino – Amarga, dulce, frio; Organos: pulmones, estomago, Riñones, Higa
Propiedades – diaforetic, diuretico, febrifugo, expectorante
Usos – infecciones de la garganta, neumonia, fiebre, sarampión, viruelas eczema, soriasis, picas en la piel, resfriados y influenza y te hace sudar
Componentes: arctina, archigenin, gogosterin, aceite essencial y aceite grasada.

Because the liver can regenerate its tissues, the herbs that work best on the liver and gallbladder have more to do with blood cleansing and maintaining a healthy diet, exercize and feeling balanced.



- Los herbas que funciona mejor en el higado son más sobre limpiando el sangre y una dietica sana, ejercicio y sientando equilibrio.

- **Alfalfa** → Potassium — Digestión
- **Aloe Vera** — Digestión

- **Burdock Root** (Arctium lappa) — **Reiz de Bardana** — Liver / Sangre
- **Dandelion Root**
- **Reiz de Dentedelion** (Taraxacum officinale) — Liver / Sangre
- **Red Clover · Tribol** (Trifolium pratense) — Higado / Blood
- **Milk Thistle** (Silybum marianum) — Repairs Liver Tissues / Reparar Tehidos de Higado

Menstral problems are often because of an unhappy liver! The first trimester the faetus receives blood directly from the liver!	¡Problemas Menstrual son muchos veces porque una higado enfaliz! ¡El trimestre primero, el faetus recibir sangre del higado, directimente!

El higado puede regenerar los tehidos mismosy producir una efecta calmia y equilibrio en el cuerpo. El higado metabolica carbohidratos, glycogen, insulina, hormonas, proteina, lipidos, cholesterol, hemoglobin, y substancias toxicas. El higado cambio ammonia por urea y almacenimento vit. B12, hierro, y cobre.

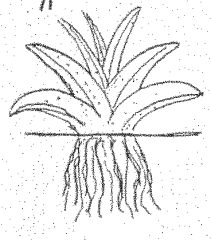
WILDCRAFTING

Turn off your laptop, your t.v., your mobile and get outside! You can collect and make your own medicine. So start now. You will need a collecting bag, some tools and a good ID book. It is a good idea to know one or two things that are in season before you go, or with an aim to try to ID others in the field.

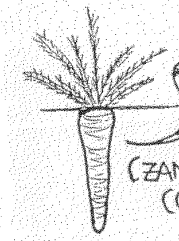
Here are some guidelines:

- ☐ Never collect an endangered or threatened species. Consult a local plant society, elders, books or the internet for questions.
- ☐ Talk to your neighbors or others to know if they have already collected in an area... if so go to another area.
- ☐ Use the rule of thirds! Never take more than you need and never more than a third of the grouping/plant.
- ☐ Collect from an abundant grouping and healthy looking plants.
- ☐ Ask their permission; bring a gift.
- ☐ A general rule is collect flowers & leaves early in the morning just after the sun has dried the due. Roots in afternoon or evening.
- ☐ It is best to collect on a full or waning moon cycle but there are exceptions!
- ☐ Hang plants up to dry when you get home

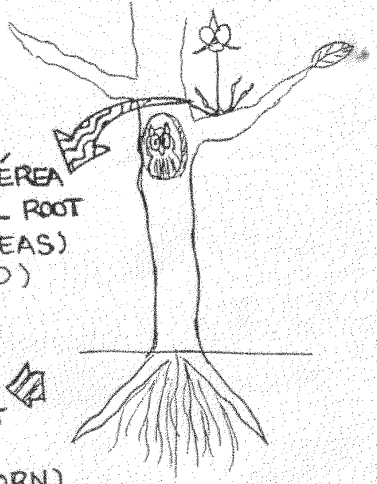
Tipos de raices · Root types



RAIZ FIBROSA
FIBROUS ROOT
(LILA ACUÁTICA)
(WATER LILY)

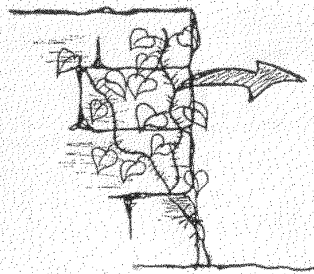


RAIZ PIVOTANTE
TAPROOT
(ZANAHORIA)
(CARROT)

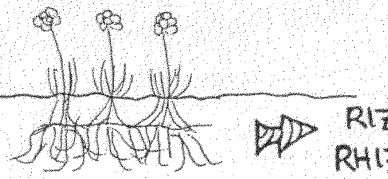


RAIZ AÉREA
AEREAL ROOT
(ORQUÍDEAS)
(ORCHID)

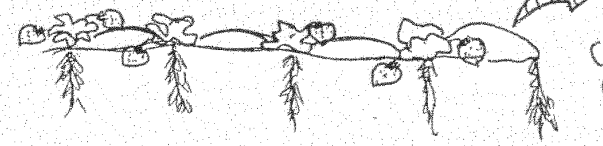
RAIZ DE SUJECIÓN
PROP ROOT
(MAIZ)
(CORN)



RAIZ ADVENTICIA
ADVENTICIOUS ROOT
(HIEDRA) (IVY)



RIZOMA
RHIZOME

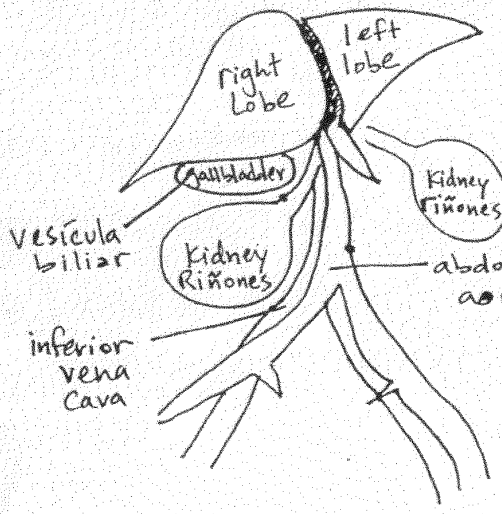


ESTOLÓN
STOLON
(FRESAS)
(STRAWBERRY)

HIGADO · LIVER · AND · Y
VESÍCULA BILIAR · GALLBLADDER

Functions

- metabolism · metabalismo
- glycogen storage · almacenamiento de glucogeno
- plasma protein synthesis ·
- detoxification · detoxificacción
- bile · bilis



There are 4 lobes of the liver called fissures or fossae.

Hay 4 lobules del higado llama fossae.

The liver is the second largest organ in the body. The skin is the first.

El higado es el segundo mas grande organo en el cuerpo. El piel es la primero.

The liver can regenerate its own tissues and acts as a calm balancer and cleanser for the body. The liver metabolises carbohydrates, and breaksdown glycogen into glucose. It also breaksdown insulin, hormones, protein, lipids, cholesterol, hemoglobin, and toxic substances. The liver converts ammonia to urea and stores substances: vit. B12, iron & copper.

Digestion

A nice crunchy apple is munched with saliva & broken down in the mouth. This moves to the back of the throat & through the oesophagus by waves of contraction & relaxation called peristalsis. Helped with mucus the food reaches the stomach where it is churned about by the muscular walls & mixed with gastric juices, staying there for up to 4 hours. It then moves to the small intestine where bile & digestive juices from the pancreas further break down the food as it moves through the intestine by peristalsis.

The intestine has a very large folded surface area where all the products of digestion travel through the wall & into the blood stream & around the body.

oesophagus

contraction
peristalis
relaxation

Stomach

Intestine

An Apple a day keeps the Doctor away!- Helps digestion & reduces stomach acidity

Symptoms of Indigestion-

Stomach pain, heart burn, fatigue, constipation, muscle pain, runny bellies, diarrhea, burping & farting

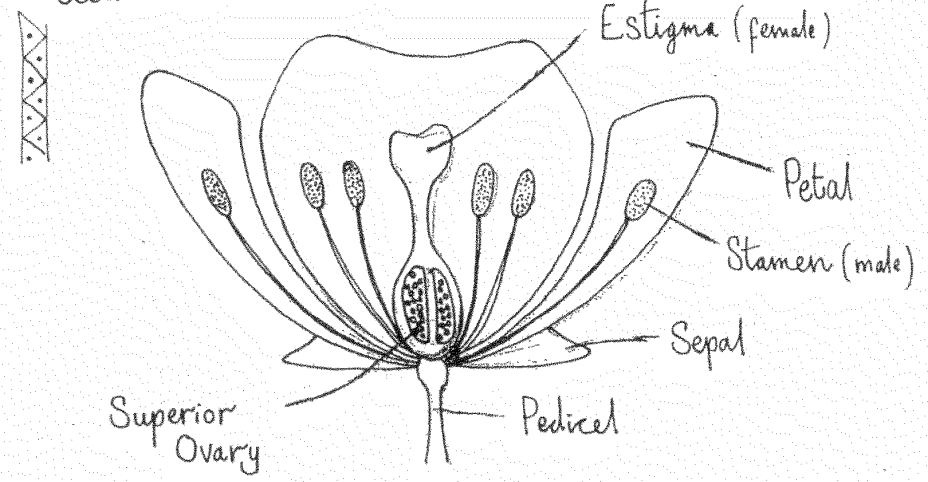
Ginger- relives indigestion, vomiting & nausea. is good in tea with chamomile or grated on food.

Other useful Herbs

Peppermint
Anise seed
Garlic
Mugwort
Alfalfa

A Taste Brew Gets You Through

Hot milk, cinnamon, spices & sugar are good for an upset stomach



ANATOMY OF A FLOWER

The flower is a thickened shoot which carries the reproductive parts of the plant. The male part of the flower (androcium) consists of the stamen; the female part (gynocium) consists of the ovary, style and stigma, together known as the Pistil.

MONOECIOUS plants have flowers that contain both male and female parts.

DIECIOUS plants have flowers that contain either male or female parts. They require pollinating with the help of Bees, Birds and the wind.

Inflorescence

INFLORESCENCIAS

The way flowers are clustered together can help you ID them.

como cualquiera de las enfermedades psicológicas que ayectan al sistema nervioso, es importante mantener una dieta salvdable y equilibrada, dormir bien e identyicar y eliminar la fuente de la ansiedad, el stress o la depresión. Evidentemente esto no es siempre posible hay algunas hierbas que pueden ayudar pero recuerda que tu eres la única que puede controlar el problema. Piensa en positivo y cuidate. As with any of the psychological problems that affect the nervous system it is important to maintain a healthy balanced diet, sleep well and identify and remove the source of stress anxiety of depression. Of course this is not always possible. There are some herbs that can help - but remember its really only you who can control the problem - think positively and look after yourself and your body....

Stress

melissa - lemonbalm
manzanilla - chalomile
valeriana - valerian

Anxiety

hipérico / st johns wort
salvia / sage
pasiflora

depresion

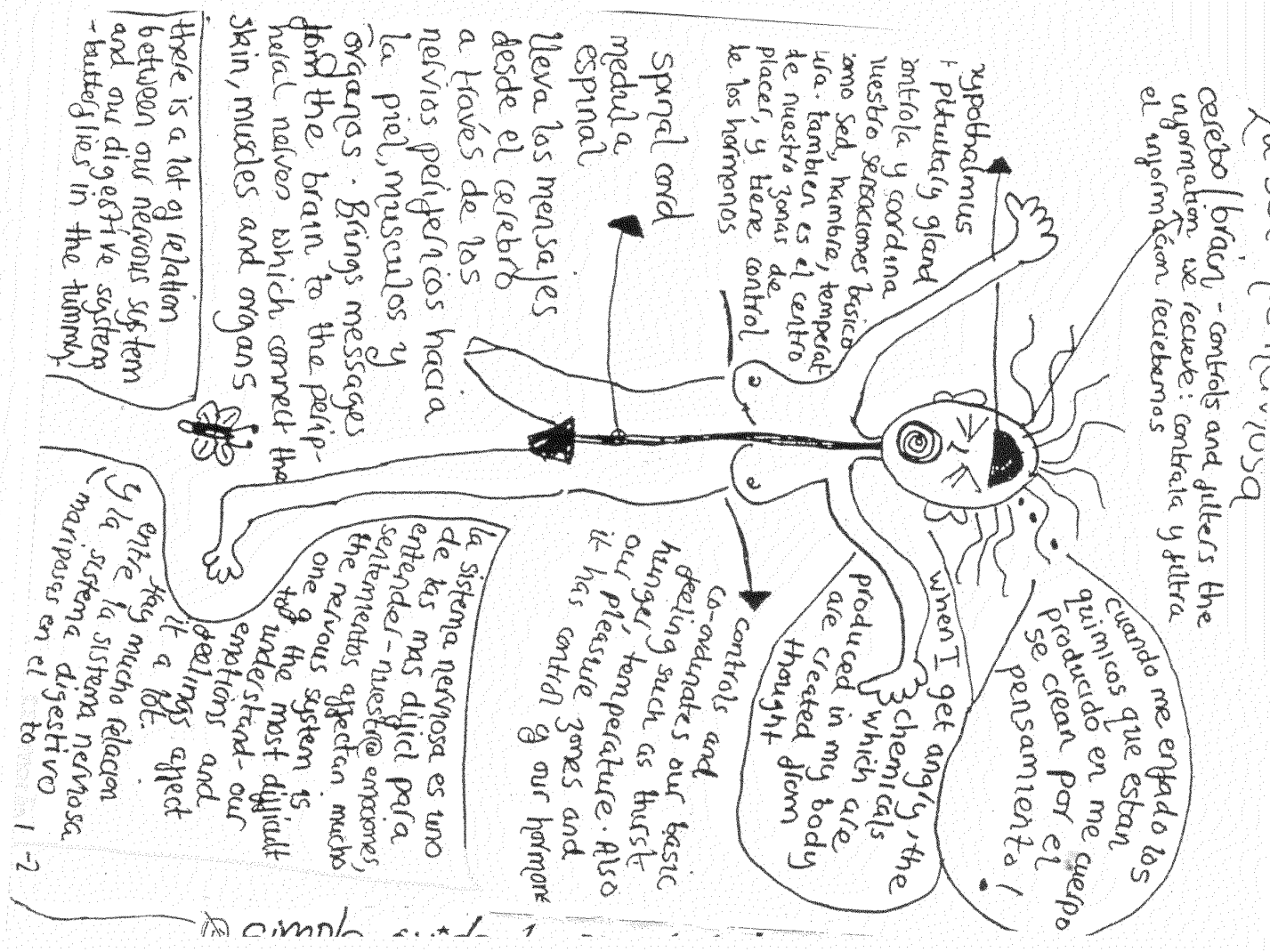
hipérico / st johns wort
albahaca / basil
ginkgo
romero / rosemary

Insomnia

melisa - lemonbalm
tila - limeflowers
valeriana - valerian
manzanilla - chalomile

concentracion

romero
avenas



simple guide to recognising leaves

leaf margins:
(shape of the edge of the leaf)

- entire (whole / undivided)
- serrate (serrated - like a saw)
- dentate (think dentist-like teeth)
- enate (margin has ded th)
- sinuate (wavy margin - think sinuating snake)
- pinnately lobed (pinnate = primary division or leaflets arranged on each side of a common stalk)

venation
(shape of the leaf's veins)

- palmately nettled venation (spread out like fingers from a palm)
- pinnate nettled venation
- parrallel venation

leaf structure
(how the leaves extend from the stem)

- palmately compound (more than one leaf on a stalk spread
- simple sessile leaf (simple = one) (sessile = leaf that extends
- odd pinnately compound (odd number of leaves from a stalk)
- even pinnately compound (even number of leaves)

leaf arrangement
(how the leaves are arranged around the stalk)

- opposite
- alternate
- whorled (arrangement of 3 or more leaves growing from a sing node)

Preparing Herbs



Infusions: Put the herbs in a non-metallic pot or cup and pour boiling water over them. Let it sit for 10-20 minutes. Using metal pans etc. will decrease potency.

Decoctions: To extract properties from plants that won't work in an infusion like roots or bark. So boil the plant in water for 15 min - 1 hr. Quantities depend on plant and illness. (1 e.g. teaspoon of herb / cup of water.)

Tinctures: In a clean, sterile bottle put the dried herbs in the bottle, then fill up with alcohol (vodka, rum, brandy). Store in a cool, dark place and mix it around daily for 3-12 weeks. Then filter out the alcohol and keep in a dark place. Take a few drops in water 3x a day when needed.

Oils: Warm up the oil just a bit; that you want to use. Macagate the plant and put in a sterile bottle. Add the oil and place in the sun for 21 days. Shake it daily. Filter out the oil and it's ready.

SALVES: Warm up the oil in a double boiler so as not to cook the oil. Add bees wax (shredded) until it disolves. Half oil, half bees wax will make a nice solid salve. If you want it softer or harder just adjust the wax. Add macerated plants, essential oils or whatever... Filter and place in sterilised jars. It will keep from 6 month to 1 year.





Remember labels!

SKELETAL SYSTEM

COMMON AILMENTS

- **Bad Back**
  Is often linked to stress or emotion. Do exercises to strengthen back muscles. Think about posture, footwear, lifting method & your mattress!
- **Fracture or Break**



  Tumeric paste or Mullein leaves as a poultice can help with the pain
- **Osteoporosis**
  Look after your bones now! Diet & exercise are most important. May be linked to high protein diet.
- **Arthritis**
  Is joint inflammation, often associated with stress, poor nutrition or infection. May be autoimmune.

USEFUL HERBS

- **Alfalfa** (Medicago sativa) a.ka. Lucerne - contains all the minerals for bone formation.



- **Horsetail** (Equisetum) - has silica in the hollow stems which is good for bones & connective tissues. Use dried stems in an infusion.



- **Boswellia** - an ayurvedic herb aids bone fixation, as well as relieving pain & inflammation



- **Fresh Pineapple** contains bromelain, an enzyme that helps reduce arthritic inflammation
- **Nettle** (Urtica dioica) Nettle leaf tea is an excellent anti-inflammatory for arthritis

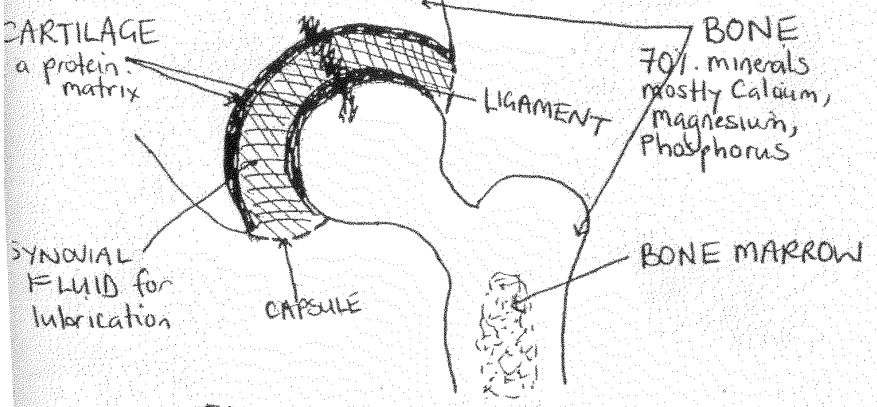


- **Feverfew** (Chrysanthemum parthenium) infusion is good for pain relief & anti-inflammation



SKELETAL SYSTEM

Functions as support, to aid locomotion, to support the organs & to make bloodcells. (in bone marrow)



TYPICAL JOINT

Nutrition is really important for healthy bones, especially Calcium and Vitamin D. So...

- eat lots of leafy greens for calcium
- Wholegrains bind calcium, so eat them separately
- eggs, garlic & onions contain Sulfur, which helps bone growth
- avoid caffeine & alcohol as they can leach calcium from the bones
- Weight-bearing exercise also helps make bones strong

Recipes

Some of the delicious things we made...

Aphrodisiac Massage Oil

Sweet almond oil
Rose petals
Ylang ylang
Myrrh
Rose oil and
Herba Larisa

Super-healing Skin Cream

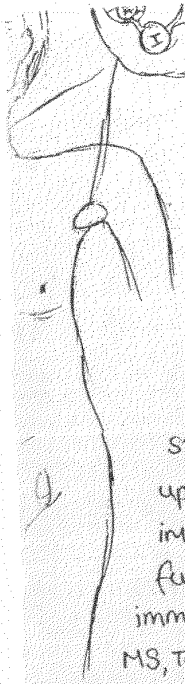
St. John's Wort oil
Mullein oil
Calendula
Myrrh

Liber-Antibiotic Balm

Clary sage in almond & olive oil
with rosemary and
fresh sage (plus a
drop of St John's Wort oil

Happy Tea...

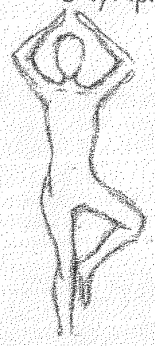
Lavender, Borage, Rose Petals
& Lemon Balm, add
bit of sugar &



Immune & Lymphatic System

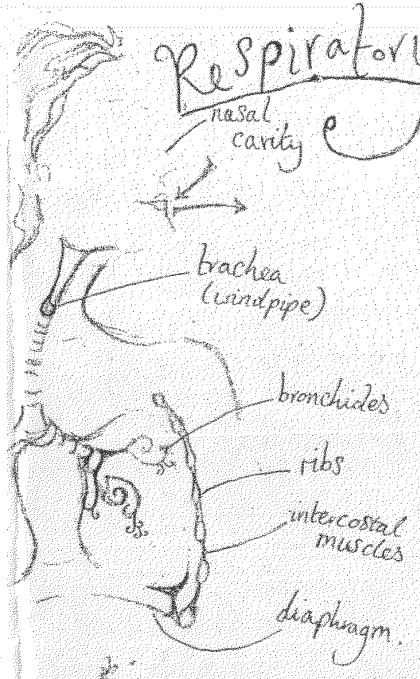
Our immune systems work through different types of white blood cells formed in the bone marrow. These cells patrol the body in the blood and lymphatic system, destroying any nasty invaders by eating them up or producing antibodies which suffocate antigens. An imprint of the antigen is recorded by the cell ready for future attack. Auto-Immune disorders are when our immune cells attack our own body cells e.g. Arthritis, Lupus, MS, Type 1 Diabetes.

The lymphatic system is essentially the vacuum cleaner for our
dies. It collects and moves waste and invading cells from our blood
d cell tissue through a network of lymph capillaries all over our
dies. The nasties are taken to the lymph nodes where they are
oken down and then returned via the blood to the liver
ere the waste is then sent out of the body. The lymphatic
stem has no pump but lymph flows when
make slow movements. Tai Chi and
ga help the flow of lymph. We know
immune-system is working hard to get
f a virus or bacteria because lymph nodes
ll up in the neck, armpit or pelvic area.



Respiratory System

how it works



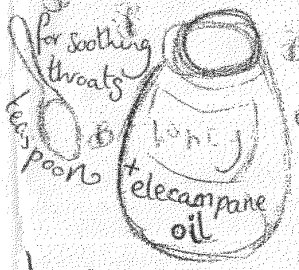
- breathing is controlled by the automatic nervous system.
- breathing →

Inhalation occurs when the inter-costal muscles, diaphragm and muscle groups in the neck and abdomen work together to expand the chest cavity, causing air to rush in via the nose or mouth, through the wind pipe and into the lungs. Inside the lungs the many bronchioles terminate in an Alveolus. The Alveoli are millions of microscopic air sacs where the all-important transfer of oxygen into the blood takes place. Carbon dioxide and unused oxygen are exhaled out of the body when the inter-costal muscles relax and return to position.

Problems with Respiratory System

common

- asthma
- coughs
- Sore throats
- Sinus problems
- Thyme
- Bronchitis
- Catarrah



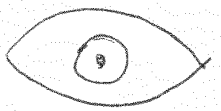
herbs to help.....

- elecampane
- mullein
- Sage
- eucalyptus

Ear Nose & Throat Eyes

We usually consider the upper respiratory system, ears and eyes as one system when treating illness. The medicinal herbs and diet changes discussed here can be effective alternatives to pharmaceuticals - but its just the begining!

Eyebright compress for eyes tired of ads and monitors!



mix these 2!

Hayfever means itchy eyes, infuse ye Ephedra, Golden Seal, Eyebright

I open my eyes in the morning to the sun in the window. I walk to the kitchen, smell the food, sit, open my mouth, chew on something. The organs on my head are a gateway to the world. I breath chemicals in public restrooms, dance in a smoky bar. And these same organs bring the world into my body.

Owl Earache!
Few drops of Mullein or St John's Wort Oil,
Stopper with cotton

Ah-choo! Cold?
Elderflower, Peppermint, Yarrow & Ginger

Catarrh is Sinus Gunk
if serious, try a low-mucous diet and

Red Sage!
Elder Flower,
Vervain help.
Make Infusions or

Gargle Gargle

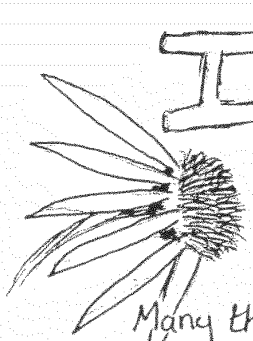
Boil 2 tsp Red Sage in a pint of water. Leave for 15 minutes, Gargle for 7, 3x per day.
For Sore Throat too

I think we need to work on the world that we smell, see, feel and hear, if we want this system to be healthy!

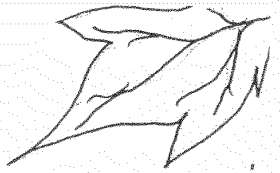
In the meantime, try an infusion of sage when your throat is sore from screaming at protests.

Remember anti-microbials such as Garlic & Echinacea

Immune Boosters

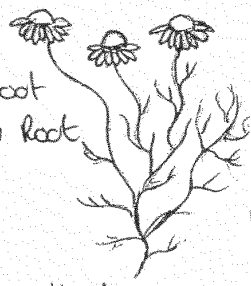


echinacea



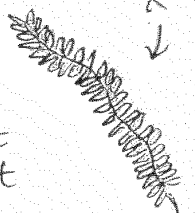
Many things in our diet and environment damage the immune system: chemicals, pollutants, food additives, antibiotics, pesticides, drugs & stress. Eating well, fresh fruit and green vegetables, avoid animal fat & processed food and exercise help.

Herbs which boost the immune system mostly work by stimulating the production of particular white blood cells and antioxidents. These include:



Camomile
Goldenseal Root
Marshmallow Root
Barberry
Boneset
Echinacea
Cleavers - excellent lymphatic cleanser

Aloe Vera
Liquorice
Garlic
Thyme
Herb Robert
Ginseng Root



Thyme

Vitamins A, C, E

A little research is best to do first if you suffer from auto immune disorder or longer-term complaints. Certain plants may have adverse or damaging effects depending on your specific complaint.

• Urinary System •

The urinary system has two functions:

★ excrete substances of blood waste, such as urea, uric acid...

★ maintain homeostasis, osmotic balance of the blood, regulate blood pressure.

The Urinary System consists of:

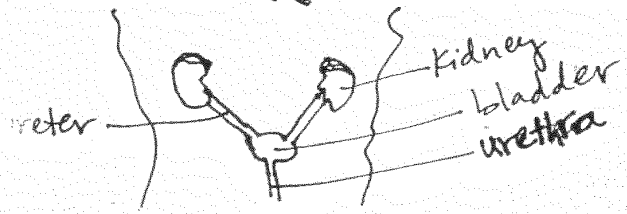
- **Kidneys**: organs situated in the lumbar region, whos function is to make urine from the blood in the level of the nephrons.

Ureter – moves urine from the kidneys to the bladder.

Vejigas – where the urine accumulates before pissing

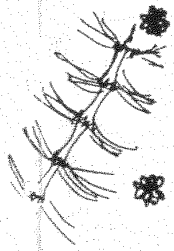
Urethra – the last part of the journey from the bladder to the exterior of the body; it is longer in men than women.

The Urinary System filters the blood constantly. Each minute there are 0.6L of blood in each kidney (of the total 5L in the body.)



• Associated Problems •

- **Cistitis** → bacterial infection through the ureter, it can infect the bladder and agravate. It is more common in women because the urethra is shorter.



❀ **Horsetail** (Equisetum arvense) Drink as an infusion for bladder infection. It can cause irritation of the kidney if used more than 2 weeks at a time.

❀ **Gayuba** (Arctostaphyllos uva-ursi) Leaves are used in an infussion or tincture. Good for E. coli infections. Don't use during pregnancy. Prolonged use can cause stomach problems.



❀ **Marshmallow** (Althaea officinallis) Use leaves, roots and flowers. Take 3 or 4 spoons in an infussion everyday. Good with tyme al c. Calendula.

❀ **Nettle** (Urtica dioica) Use in an infussion, don't use in flower or for more than two weeks at a time.

- **Hypertension** → Kidneys regulate the quantity of water in the blood, and so the blood pressure. Diuretics reduce the pressure and eliminate water in the urine.

❀ **Dandilion** → (Taraxacum officinale) A very effective diuretic, also replenishes potassium lost in the urine. Also has vitamin A, C, B_2 and Calcium

- **Kidney Stones** → painful stones in the renal canal. Herbal remedies will dissolves & expel.

❀ **Queen of the Meadow** (Filipendula ulmaria) use in a tea. Also a good diuretic

❀ **Mijo de Sol** (Lithospermum officinale) Use the fruits in a decoction.